## ABSTRACT

The invention relates to a method for remotely controlling and/or regulating at least one system (1), particular an industrial system using communications device (2) which is assigned to the system (1), and at least one receiver device (3), information relating to the system being transmitted from the communications device (2) to the at least one receiver device (3), the information containing a which validation code is generated by the communications device (2), a message being received by the communications device (2), the communications device (2) extracting a check code and instruction information from the message according to a first the communications (2) extraction rule, device validating the message by means of the validation code and check code, and the instruction information being implemented by the system (1) only when the validation is successful.

(Fig. 1)